



Shoulder clocks

Lie on one side with knees bent and hands together. While keeping hips on the ground, gently bring arm to other side of the body. Repeat

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:
everyday



Quadruped arm-leg raise

Start on all fours, knees under hips, hands under shoulders. Brace the stomach, squeeze the glutes. Press the heel straight back to straighten the leg while keeping the torso level and spine neutral. Balance a book on your back to insure proper form.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:
every day



'Brugger' Postural Relief Position

Sitting at edge of chair, feet and knees wider than pelvic width and rotated slightly outward. Maintaining a chin tuck, raise chest up, allowing spine to relax into a gentle arch. Relax shoulders and rotate arms / hands so that thumbs point backward. Hold, breath, release and repeat throughout the day.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

To retract and depress the scapula.

Notes:
everday as often as possible



Serratus Push-Up Plus

Start in a push up position (or on knees), allow shoulder blades to come together. Drop about 2 inches toward the floor. Protract shoulder blades to return to starting position

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Seated External Rotations

Begin seated on the floor with one knee bent. Place elbow on inside of bent knee. Then externally rotate shoulder within comfort level. Keep motion slow and pin shoulders down and back.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Wall Slide / Arm Elevation

Stand with back against a wall with head touching wall and chin tucked in. Place feet a few inches away from the wall and raise arms above head. Squat body down the wall keeping arms elevated. Keep low back flat on wall with just a finger space. Actively exhale while performing squat to feel a stretch in the mid back.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Serratus Punch

Hold cable in hand with palm facing down. Bring shoulder back, and punch out in front of you. Do not shrug the weight and maintain and tight core.

Sets:	2-3
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Plank

On elbows and toes keep spine neutral hold trunk off floor Do not let Low back drop, Shoulders shrug Upper back round.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Single leg supine bridge

Start on back, arms at sides, knees bent, feet flat on floor. Squeeze butt on plant side and pull opposite leg toward chest. Go only as high as your glutes will let you, dont arch the back. Lower yourself under control to a point just above ground and repeat. Maintain abdominal brace and neutral spine.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Dead Bug w/ Foam Roller

on a foam roller touch opposite arm to leg concentrate on a neutral spine and dont let roller move

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



transverse chop

Keeping abdominals tight and back straight. Twist from your trunk while pulling through with your arms. Repeat

To strengthen the core and improve thoracic mobility.

Sets:	2-3
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
	2x/day

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Side Band walking w/int rot of hips

Point toes inward and step sideways in a controlled fashion. Do not hike the hips or waddle.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes: